



**Department of Veterans Affairs (VA)  
VA MIDWEST HEALTH CARE NETWORK**  
*Veterans Integrated Service Network (VISN) 23*  
**Network Update**  
**May 2013**  
[www.visn23.va.gov](http://www.visn23.va.gov)



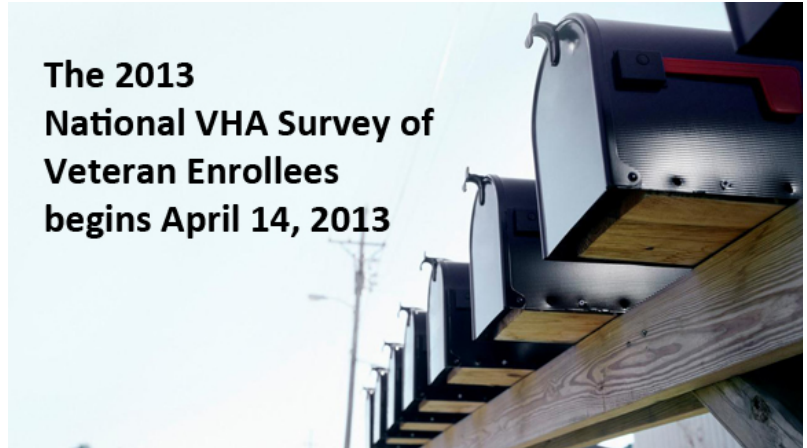
## **Women Veterans Call Center**

On April 23, 2013, the Department of Veterans Affairs (VA) launched its new Women Veterans hotline—1-855-VA-WOMEN (1-855-829-6636)—an incoming call center that receives and responds to questions from women Veterans, their families, and caregivers across the nation about available VA services and resources.

“The Women Veterans Call Center is aimed at increasing women Veterans’ knowledge of all VA services and benefits that they deserve,” said Krista Stephenson, Army Veteran and Women Veterans Call Center Director.

Since 2000, the number of women using VA health care has more than doubled, from nearly 160,000 to more than 360,000 in 2012. Women now make up 15 percent of active duty and 18 percent of Guard/Reserves service members. Based on the upward trend of women in all branches of service, the number of women Veterans and female VA users is expected to double again in the next decade.

## **The 2013 National VHA Survey of Veteran Enrollees begins April 14, 2013**



The Veterans Health Administration (VHA) is conducting the 2013 edition of the national VHA Survey of Enrollees. The purpose of the survey is to provide critical and essential information on Veteran use of health services. This information supports annual VHA projections of enrollment, utilization, and expenditures, as well as into a variety of high level VHA budget and policy related analyses.

Approximately 2,000 enrolled Veterans in each Veterans Integrated Service Network (VISN) will be surveyed. In total, the survey is expected to collect information on a random sample of 42,000 Veterans enrolled in the VA system. The survey may be completed by phone, mail or on the web.

The survey began the week of April 14 and will continue for 16 weeks.

Enrolled Veterans selected for the survey will receive a letter that provides information about the survey and the contractor conducting the survey on behalf of VHA.

Your support in this survey will help ensure that we provide the best care possible for our enrollees, where it is needed, and when it is needed.

Previous survey reports are available on the VHA’s Office of the ADUSH for Policy and Planning internet Web site at:

<http://www.va.gov/healthpolicyplanning/reports1.asp>

Thank you for your assistance in this project.

## VA Deputy Secretary Resigns

### Statement from Secretary of Veterans Affairs Eric K. Shinseki on Departure of Deputy Secretary W. Scott Gould

“After four years of serving Veterans with distinction, Deputy Secretary W. Scott Gould – my fellow Veteran, colleague and friend – has submitted his resignation, effective May 17. His unwavering leadership and dedication to Veterans and their families has strengthened our ability to carry out VA’s mission – providing Veterans the healthcare and benefits they have earned.

“A Veteran of the U.S. Navy, Scott has fought to improve the lives of his fellow Veterans, and we’ve worked together to make long-term, transformational changes to the department. Because of his leadership and his insight from both the public and private sectors, this department is better positioned to take care of Veterans for decades to come. As the chief operating officer of the federal government’s second largest department, Scott has been vital to the progress we’ve made on our top three priorities: increasing access to VA care and services, eliminating the compensation claims backlog, and ending Veterans’ homelessness. While we have more work to do, Scott’s contributions have been immense.

“We at VA will miss his advocacy and dedication, but we also wish him the very best in the years to come.”

## My Healthevet



My HealtheVet is VA's Personal Health Record. It was designed for Veterans, active duty Service members, their dependents and caregivers. My HealtheVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions. VA Blue Button enhancements allow you download information from your VA medical record. You can also view, save, download and share your information with others. This may

include your VA Lab test results, Vitals and Readings, VA Pathology and Radiology reports, active problem lists, VA Notes and much more. [Learn about the VA Blue Button](#), if you’ve already logged in, get started by selecting the Blue Button at the top. For more information go to [www.myhealth.va.gov](http://www.myhealth.va.gov)

## Veteran Welcome Home Event Planned in New Town, North Dakota



The Fargo VA Health Care System and Dakotas Regional Office, in conjunction with the Three Affiliated Tribes, will sponsor a two day Veteran event at the 4 Bears Casino and Lodge in New Town, N.D. on May 14 and May 15, from 8:00 a.m. to 4:30 p.m. All Veterans are welcome to attend.

The Welcome Home event will include medical exams and evaluations for newly discharged Veterans. A Women’s Health and Wellness program will be presented for women Veterans on May 14 between the hours of 10:00 a.m. to 2:30 p.m. with lunch provided. Pre-registration for the Women’s program is requested by May 7. Please contact Glenda Trochmann, Women Veteran Program Manager, at 701-239-3700, extension 9-3893.



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## Are You a Veteran or Concerned About One?



**1-800-273-8255 PRESS 1**

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, **chat online**, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, and 365 days a year. Support for **deaf and hard of hearing** individuals is available.

## Online Help with Stress – Positive Change is One Click Away



Are you struggling with relationships, finances, finding a job, confusion about your future, dealing with loneliness, or adjusting to the challenges of civilian life? A new web program, entitled, Moving Forward, can help you start making steps toward positive change. Moving Forward is a free, anonymous, online educational and life-coaching program that teaches problem-solving skills to help you overcome life's challenges. Eight interactive modules include videos, games, and exercises. It was designed specifically for Veterans and Military Service Members, but can help anyone facing stressful problems. We all face challenges in life. Often, it is how we deal

with them that determines our outcome. Moving Forward can help you understand your problem-solving strengths and weaknesses. It teaches a step-by-step approach. For more information log on at:

<http://www.startmovingforward.org/>

**MOVING FORWARD**  
OVERCOMING LIFE'S CHALLENGES

## Calendar of Events – April 2013

- May 3 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- May 3, 10, 17, 24, and 31, [Tobacco Cessation](#), 2:00 PM - 3:00 PM (CST), Sioux Falls VAMC, Room F07, Lobby
- May 6 - [Radio talk show](#), 8:10 - 8:45 AM (CST), Radio WJON AM 1450 KNSI (St. Cloud listening area)
- May 6 - [VA Pantry](#), 10:00 AM - 12:00 PM (CST), VA Clinic, 600 S. 70th St, Lincoln, Nebraska, Bldg 40, Rm 105
- May 7 - [Law Clinic](#), 12:00 PM - 2:00 PM (CST), St. Cloud VAMC, Bldg. T-100
- May 7 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- May 7 - [Women's Drum Circle](#), 5:30 – 6:30 PM (CST), St. Cloud VAMC, Building 8 (Basement)
- May 10 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- May 10 - [VA Information Open House](#), 11:00 AM - 7:00 PM (CST), Platte County Agricultural Park, 822 15th Street, Columbus, Nebraska
- May 11 - [VA Information Open House](#), 9:00 AM - 1:00 PM (CST), Platte County Agricultural Park, 822 15th Street, Columbus, Nebraska
- May 13 - [Understanding TBI and Family Relationships for Caregivers of Veterans](#), 12:00 PM - 1:30 PM (CST)  
Video conference - Omaha (11105); Lincoln Site 3 (Education Conference Room); Grand Island Site 1 (N507)
- May 14 - [Women's Drum Circle](#), 5:30 – 6:30 PM (CST), St. Cloud VAMC, Building 8 (Basement)
- May 14 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- May 15 - [Voices for Veterans radio show](#), 8:10 - 8:45 AM (CST), AM 1240 WJON, (St. Cloud listening area)
- May 15 - [VA Pantry](#), 10:00 AM - 12:00 PM (CST), Omaha VAMC, 4101 Woolworth Ave, Bldg D
- May 15 - [Veterans Forum](#), 5:00 PM - 8:00 PM (CST), Lincoln CBOC, 600 S. 70th St., Lincoln, NE
- May 17 - [New Volunteer Orientation Course](#), 1:30 PM - 4:30 PM (CST), Omaha VAMC, 4101 Woolworth Ave, Omaha, NE, Education Conference Room
- May 17 - [Southwestern Minnesota Veterans' Law Clinic](#), 12:00 PM - 2:00 PM (CST) Montevideo CBOC
- May 17 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- May 21 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- May 21 - [Law Clinic](#), 12:00 PM - 2:00 PM (CST), St. Cloud VAMC, Bldg. T-100
- May 21 - [Women's Drum Circle](#), 5:30 – 6:30 PM (CST), St. Cloud VAMC, Building 8 (Basement)
- May 24 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- May 24 - [Welcome Home Event](#), 7:00 PM - 9:00 PM (CST), Heartland Events Center, 700 E. Stolley Park Road, Grand Island, Neb.
- May 28 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- May 31 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium

For More information, call the Network Office at (651) 405-5600 or  
Log on at [www.visn23.va.gov](http://www.visn23.va.gov) or email [sharyl.schaepe@va.gov](mailto:sharyl.schaepe@va.gov)